

Claire McGlynn

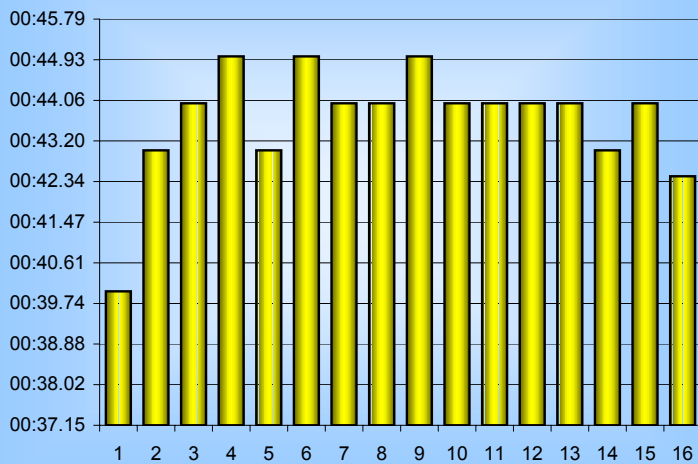
800m Splits

10th September 2004

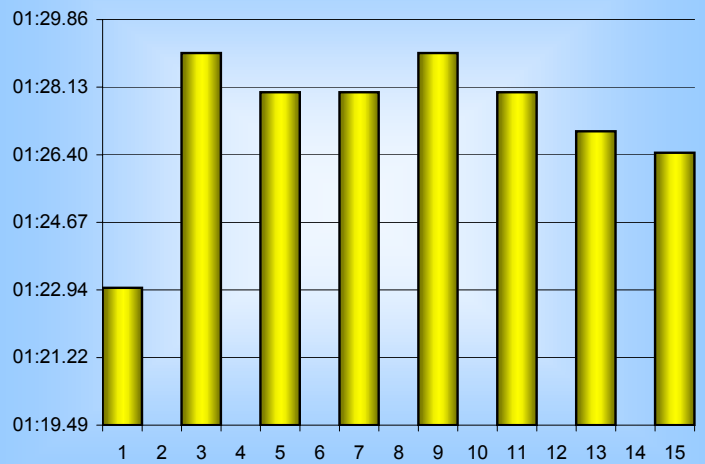
Inverclyde Masters

Distance (m)	Elapsed Time	50 splits	100 splits	200 splits	400 splits	800 splits
50	00:40.00	00:40.00				
100	01:23.00	00:43.00	01:23.00			
150	02:07.00	00:44.00	01:29.00	02:52.00		
200	02:52.00	00:45.00	01:28.00		05:48.00	
250	03:35.00	00:43.00	01:28.00	02:56.00		
300	04:20.00	00:45.00	01:28.00			
350	05:04.00	00:44.00	01:29.00	02:57.00		
400	05:48.00	00:44.00	01:28.00			11:38.45
450	06:33.00	00:45.00	01:29.00			
500	07:17.00	00:44.00	01:28.00			
550	08:01.00	00:44.00	01:28.00			
600	08:45.00	00:44.00	01:27.00		05:50.45	
650	09:29.00	00:44.00	01:27.00			
700	10:12.00	00:43.00	01:26.45	02:53.45		
750	10:56.00	00:44.00				
800	11:38.45	00:42.45				
Averages		00:43.65	01:27.31	02:54.61	05:49.23	11:38.45

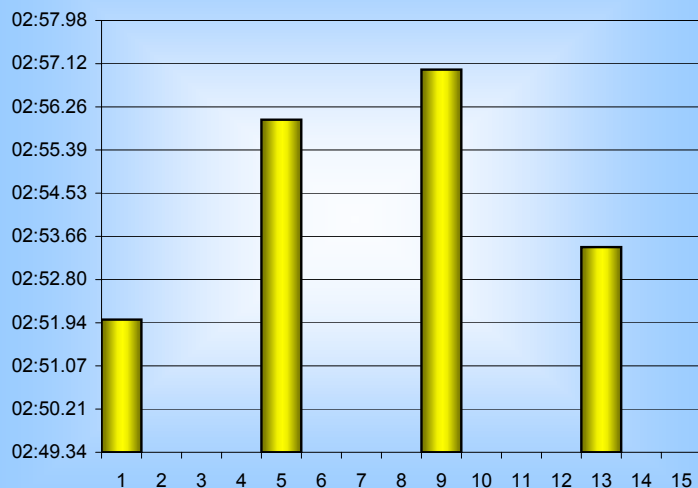
50m splits



100m splits



200m splits



400m splits

